

# One Month HIIT Workout

## Week 1

1 Straightforward HIIT

2 Rest

3 Sideways HIIT

4 Rest

5 Straightforward HIIT

6 Rest

7 Sideways HIIT

## Week 2

8 Rest

9 Sideways HIIT  
Try an advanced move

10 Rest

11 Straightforward HIIT

12 Rest

13 Straightforward HIIT

14 Rest

## Week 3

15 Sideways HIIT  
Complete an additional round

16 Rest

17 Sideways HIIT

18 Rest

19 Straightforward HIIT

Complete an additional round

20 Rest

21 Straightforward HIIT

## Week 4

22 Rest

23 Sideways HIIT  
Increase side plank hold to 30 secs each side

24 Rest

25 Straightforward HIIT  
Hold your plank for 45 secs

26 Rest

27 Straightforward HIIT

28 Rest

## Week 5

29 Sideways HIIT

30 Rest

31 Rest

Get more exercise plans on [nbcnews.com/better!](http://nbcnews.com/better)

BETTER